What's Happening At.....

S-CAP

A MONTHLY NEWSLETTER FROM THE SOUTHERN COLORADO AIDS PROJECT

APRIL HIGHLIGHTS:

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HOUSING COMMITTEE SCHEDULES MEETING

The Housing Committee will have its' first meeting April 11, 5.30 p m at the S-CAP office. This committee will be asked to review Independent and Assisted Living Needs of the HIV population, as well as review city and governmental programs available. Anyone interested in participating should call the S-CAP office at 578-9092 to RSVP.

F.F.L.O

The F.F.L.O. (Family, Friends, and Loved Ones)support group is up and running. It meets every 1st and 3rd Thursday from 5.30 p.m. - 7:00 p.m. Pat Watson, M.S.W. and Vivian Miller, B.S.W. will alternately facilitate the F.F.L.O. group.

If you are affected by HIV/AIDS and find that you have fears, concerns, questions, or just want to spend some time with others who are affected by HIV/AIDS, this is the group for you. Come join us every other Thursday evening. Share what you can and take away what you need.

FOOD BANK

As of April 1, 1996 the food bank will ONLY be accessed on Tuesdays. If an emergency shall arise, clients may receive an emergency box that has been prepackaged. These boxes are only accessible through a case manager. Please plan ahead to assure you get what you really need. There will be no exceptions if you come any day except Tuesdays. All clients will receive a food bank card which must be presented to access the food bank. If you did not receive this card, please contact your case manager.

HEALING BREATH

For those of you with any interest in alternative therapies, Jim and Angela Warner will be presenting a "Healing Breath Workshop" at the S-CAP office on April 25th. The workshop will run from 5:30-7:00 p.m. Jim and Angela are trained in presenting the health benefits available through the techniques of proper breathing. If the response is good, we will attempt to secure through them an intensive workshop to teach healthy breathing techniques to our clients. For further information, contact your case manager.

HEAR YE, HEAR YE

Remember the client services committee on Monday, April 22 at noon. Clients, community people, volunteers and any interested party are invited to attend. We welcome your input. This is about both quality assurance and program development. Thank you.

Pat Watson
Interim Client Services Coordinator.

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S-CAP EXPERIENCES GROWTH/STAFF CHANGES

S-CAP is pleased to announce that **Karen Arndt** has joined our staff as the new Operations Manger. In her duties, Karen will be managing the day-to-day affairs of the organization as well as assisting on numerous programs. Karen has been associated with the Health Care Industry for a number of years and recently completed her MBA. Please stop by and introduce yourself to Karen.

Tim Bulluss, our Program Coordinator will be leaving S-CAP on a full time basis April 15. Tim will be pursuing a project which he has been working on for some time. We wish him the best of luck in this new career! Tim joined S-CAP as a part time position several years ago and since has worked on developing our volunteer and speakers bureau programs. Additionally Tim has been an asset in all aspects of the organization and will be missed.

S-CAP OPENINGS

S-CAP has several positions opening during the next several months. Two-part time positions will be available in the Springs: One will be a Program Coordinator (approximately 25 hours weekly) and the other a Outreach Worker (approximately 10 hours weekly).

The Program Coordinator will be responsible for the management and coordination of the Volunteer and Speakers Bureau Programs. The Outreach worker will conduct training and outreach to high risk populations in the Pikes Peak region. Application Deadlines for these positions are April 15, 1996. Copies of the job announcements with more specific details are available at the S-CAP office.

Pat Watson, our Interim Client Services Coordinator is slated to leave May 17. Pat agreed last December to a temporary position which has lasted for several months longer than originally anticipated. A huge thanks to Pat and her work the past several months. She has provided our organization some wonderful structure in the Client Service area. Pat plans on continuing her education full time. Best wishes and thanks Pat.

S-CAP will be excepting applications for the Client Service coordinator position through April 16, 1996. Interested individuals should check with S-CAP for a copy of the job announcement.

BLACK TIE SCHEDULED FOR JUNE

The annual S-CAP Black Tie has been scheduled for June 29 at the Broadmoor Hotel. Currently the Black Tie committee, headed by Mark Merriman is busy working on table sponsors; silent auction items; Entertainment and more! If you're interested in helping on this annual gala, please leave your name and phone number at the S-CAP office.

SOUL FOOD

Please bring a dish and join us for the following special programs:

April 9th: Abby Dring and Wendy Carter:
Topics: Acupuncture and Chiropractic
Cranial and Sacral Work

April 23rd: Dee Allen and Others:
Topics: Aromatherapy
Bach Flowers(Natural healing oils)
Herbalistic Approaches to Health Care

For more information, please contact Mark at S-CAP at 578-9092.

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VOLUNTEER RECOGNITION PICNIC BEING PLANNED

Members of the volunteer committee have been busy locating the perfect location for the annual S-CAP Volunteer recognition party. The exact location is being confirmed, but mark your calendars for July 27 beginning around 11:30 a.m. If your interested in helping on this event, please call Tim at S-CAP.

CAMP IT UP!

Karen D'Attilo and K.C. Johnson of Wellness Outfitters have contacted S-CAP in recent weeks to offer a camping experience similar to the one several clients went on last September. This year we are scheduled for the week of June 10-14.

As a participant last year I can tell you a GREAT time was had by all. Great food (K.C. is a gourmet chef), great campfire music (Karen and K.C. are both songwriters), and great fun. They supply all the necessary camping equipment; food, tents, sleeping bags, rubber rafts, and fishing gear. All you have to do is show up with your personal belongings and meds. They are located out of Glenwood springs, so arrangements will be made to road trip to meet with them, and then on to the campsite.

Because this is such a wonderful opportunity, all interested persons will have their names placed in a drawing in order to give everybody a chance to go. If interested contact your case manager to put your name in the hat.

PUEBLO ADVISORY COMMITTEE CONTINUES TO EXPAND ITS SCOPE

Members of the Pueblo Advisory Committee have begun meeting regularly to review, discuss and develop programs and services. The committee is chaired by Larry Lewis and currently has 13 members.
Current membership includes:

Paula Harmon
Ric Dagnillo
Becky Mizell
Jill Montgomery
Karin Schmidt
Donna Garcia
Marcie Kirk
Paula Mauss
Sam Moniz
Maridale Murray
Russ Serracino
Pepper Pimienta

Additionally, Shirley Tyree, Richard Blair and Pat Watson support this committee.

At the last meeting, members reviewed information gathered during several client Needs Assessments. Additionally, the committee reviewed client tracking of services. Other major issues that the committee is addressing include: Office Space; Client Service and Volunteer Program; HIV Housing Needs.

The next meeting of the Pueblo Advisory Committee is scheduled for April 17, 11:30a.m.-1p.m.

GOVERNORS AIDS COUNCIL TO MEET IN PUEBLO

Members of the Governor's AIDS Council will be meeting in Pueblo for its May meeting. The date of the meeting will be May 6, 9:30 - 11:30 a.m. Everyone is welcome to attend. Location for the meeting has not been confirmed. Please check with S-CAP for further information. The Governor's AIDS Council has played a vital role in the development of the HIV Anonymous Testing Option within the state, Reviewing and discussing issues regarding the Legalization of Needle Exchange Programs and much more. Richard Blair at S-CAP is the current chair of this committee.

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QUILT NEWS

April and May will be spent in further publicity, training, development of volunteers and merchandise sales of the NAMES Project tee shirts, sweat shirts, cards, buttons, caps, etc.

Volunteers who have left their names with the office will receive a letter by April 8 indicating training dates. We will have a database by then thanks to Mark McNeil and Bob Bixler. Volunteers will be permitted to purchase a commemorative Signature Square Colorado Springs logo tee shirt at $15.00 to wear during the display.

Beginning Friday, April 5th, each and every Friday, the S-CAP office will be staffed with a quilt volunteer to answer questions and sell merchandise.

Beginning April 16, the Quilt Committee will be meeting every Tuesday evening at 6:00p.m. (April 16, 23, 30, May 7, 14) up to the event. Feel free to join us.

April 16 is the PPCC AIDS Symposium. Call 540-7105 for further details. Also on April 16 at UCCS- 12:15p.m., John Miller will present a lecture in the University Center on the NAMES Quilt Project. Leah Sample, Regional Southwest Coordinator for the National Quilt Display (October 11-13, 1996) in Washington, will attend the Quilt Committee meeting at 6:00p.m.

Readers. We still need readers for the NAMES Display. Please call and leave your name, the time you want to read (a 2-hour time block of availability) with Jan Richardson, Hospice, 633-3400, extension 207.

DATES AND TIMES TO REMEMBER:

Wednesday, May 15, 7:00p.m.- Interfaith Service, Shrove Chapel, Colorado Springs
Thursday, May 16, 9:00a.m.-5:00p.m.- Set up, Colorado Springs Municipal Auditorium
Thursday, May 16, 6:00p.m.- Opening Ceremony. Display open until 9:00p.m.
Friday, May 17, 9:00a.m.- 5:00p.m.- Display
Saturday, May 18, 9:00a.m.-5:00p.m.- Display
Saturday, May 18, 5:00p.m.-6:00p.m.- Closing Ceremony

"SOUL FOOD"

The "Soul Food" group had the pleasure of guest speaker Dee Allen on March 12th. Many of you may know Dee from her association with the Alternative Therapies Group that donates in-kind services to S-CAP clients on alternating Mondays. Ms. Allen's presentation on Reiki was informative and gave many of us a better understanding of this ancient Chinese art of healing through energy and touch.

Dee walked us through a guided meditation that had several of us on the verge of sleep, we were 80 relaxed. THANKS DEE, FOR A GREAT EVENING!

"Soul Food" meets the 2nd and 4th Tuesdays at 5:30 p.m. at the S-CAP Colorado Springs

See **SOUL FOOD** *Pg. 5*

INTERFAITH COALITION UPDATE

Southern Colorado AIDS Project Interfaith Coalition and DIGNITY of Southern Colorado will sponsor an Interfaith Service on May 15th at 7:00 p.m. at Shove Chapel on the Campus of Colorado College. The service, entitled '"Weaving the Threads of Our Lives" is dedicated to the hundreds of volunteers that have assisted in bringing the Quilt to Colorado Springs, as well as those whose names will appear in the Names Project AIDS Memorial Quilt opening on May 16th at the City Auditorium. If you need more information, please contact Mark at the Colorado Springs office.

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CALENDAR OF EVENTS

APRIL:

4 Aerobics Class, 5:30-6:30 p.m., S-CAP
6 Panel Making Workshop, 9:30 a.m.-1:30 p.m., S-CAP
9 Soul Food/Alternative Therapies 5.30 p.m., S-CAP
9 Black Tie Committee, 5:30p.m.
10 Executive Committee, 6:00 p.m., S-CAP
11 Aerobics Class, 5;30-6:30 p.m., S-CAP
16 Quilt Lecture 12:15 p.m., UCCS
16 Quilt Committee, 6:00 p.m., S-CAP
16 AIDS Symposium/ PPCC
16 Fundraising Committee, 6:00 p.m. S-CAP
17 AIDS Symposium/ PPCC
17 Board of Directors, 6:00 p.m., S-CAP
17 Pueblo Advisory Committee, 11:30a.m.-1:00p.m.
18 Aerobics Class, 5:30-6:30 p.m., S-CAP
20 CORA Meeting, 9:30a.m.-Noon
20 Panel Making Workshop 9:30-1:30 p.m., PPCC Student Center
21 Panel Making Workshop 1:00-5:00 p.m., S-CAP
22 Client Services Committee Meeting, Noon, S-CAP
23 Soul Food/Alternative Therapies 5:30 p.m., S-CAP
24 AIDS 101/Volunteer Orientation, 6:00p.m.-9:00p.m., CS
24 Black Tie Committee, 5:30 p.m., S-CAP
25 Aerobics Class, 5:30-6:30 p.m., S-CAP
30 Quilt Committee, 6:00 p.m., S-CAP

MAY:

7 Quilt Committee, 6:00p.m., S-CAP
7 Black Tie Committee, 5:30p.m.
8 Executive Committee, 6:00p.m., S-CAP
14 Quilt Committee, 6:00p.m., S-CAP
15 Board of Directors, 6:00p.m., S-CAP
15 The Fabric of Life, S-CAP/ Dignity/IFC Service, Shove Chapel, 7:00p.m.
16, 17, 18 Names Project AIDS Quilt, Colorado Springs City Auditorium
22 Black Tie Committee,5:30p.m.

Just Do It...

S-CAP Aerobics held every Thursday beginning March 21st at 5:30p.m. in the S-CAP office

SOUL FOOD *From Pg. 4*

Office. The purpose of "Soul Food" is a small meal, and a non-threatening environment in which to discuss and explore Spiritual and Healing issues. Watch for more special guests over the coming months . You will not be disappointed as this group explores Alternative Therapies. Please, bring a dish and join us!

Ideas

Layout/Design by BULLDOG DESIGNS/Tim Landt 473-6826

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Citizens Project
P.O. Box 2085
Colorado Springs, CO 80901